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## **ABSTRACT**

This study determined the Lipid Control Measures Among Clients with Dyslipidemia in Bacnotan District Hospital from January to December for the calendar year 2018.

A descriptive study was used, with a researcher made questionnaire. Weighted mean, frequency, percentage, weighted mean and the MS Excel Data Analysis Tool specifically ANOVA and T-test were used to treat and analyze the data gathered.

This study found out that majority of the respondents are 36-65 years old, who are female with a monthly income of Php 16000-19000, suffering from hypertension. Furthermore, the most utilized lipid control measures are along other activities whereas the least utilized is along medication. The respondents' extent of utilization on lipid control measures along diet, medication and activities were moderately utilized. The following conclusions were drawn: middle age adult female who are suffering from hypertension and with an average monthly income did not properly utilize lipid control measures which aggravated their comorbid condition.

The clients have lapses or irregularities in the utilization of these lipid control measures. Their control measures along diet, medication, exercise and other activities are inadequate which decrease their ability to prevent further complications.

The researcher recommends the adoption of the Information Education Campaign (IEC) in the promotion of lipid control measure among patients with dyslipidemia. She also encourages that the proposed measures should be presented and discussed so the clients, their family and health care workers in the community for consideration. A follow up study should likewise be conducted to validate venture on areas not covered by the study.